

LIMITED TIME: SAVE £10
RUGBY COACHING MADE SIMPLE



Rugby penalties in Sevens

From a free kick or penalty, most teams will choose to tap and go straight away. The defence will be retiring and disorganised and there are more spaces on the field.

If you decide on a move, keep it simple and attack space. Players in any position should always expect the ball.

If there is a delay for some reason and your team needs to set up a pre-planned play, here are the two main set ups you can use:

Double posts

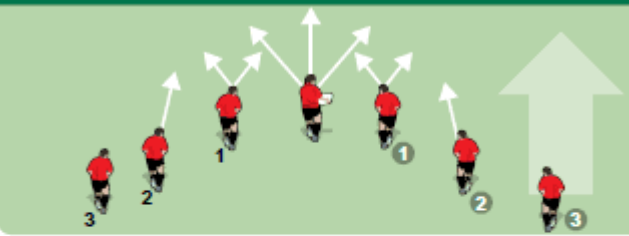
OPTION 1

OPTION 2

Option 1: 4 passes the ball to 5 and runs behind. 5 passes the ball to 4 as he runs round. 4 works with 2, 6, and 7.

Option 2: 4 passes the ball to 5 and runs behind. 5 passes the ball to 7 running the other way, who works with 1 and 3.

Fix and switch



The ball carrier fixes the defence and your players work off him. There are numerous options. Here are the three main ones:

- i) A switch with 1 or 2.
- ii) A dummy switch with 1, switch with 2 or hit him straight.
- iii) A dummy switch with 1 and 2 and then feed 3.

You can choose to kick for touch or drop kick for goal. Kicking for touch runs down the clock and gives you territory. If you are in front of the posts, then a kick at goal can also run down the clock and give you valuable extra points in a tight game.

This article is from [Colin Hillman's Expert Guide to Sevens](https://www.rugbycoachweekly.net/rugby-drills-and-skills/touch-tag-sevens/rugby-penalties-in-sevens/).